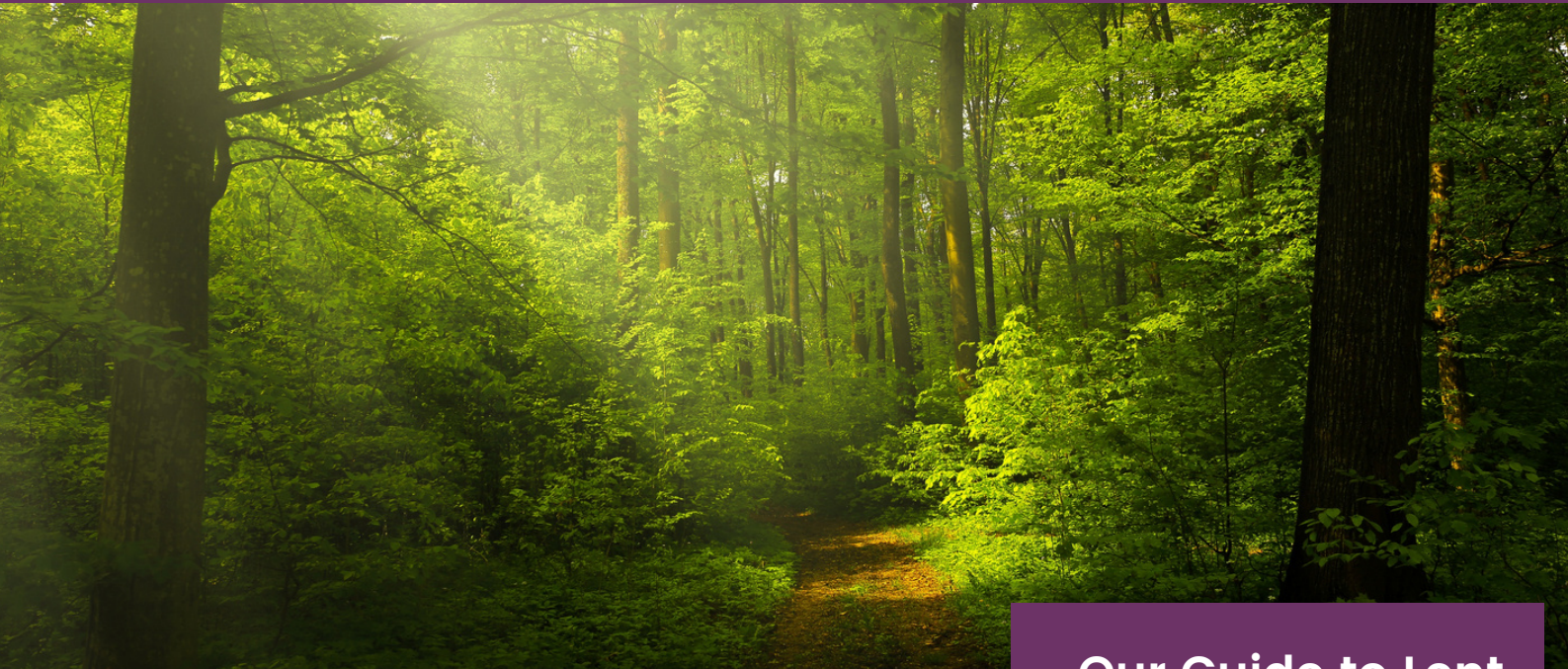


# 2023 Lent Resource

Daily Reflection-Action Calendar to Cultivate Creation Justice



## Our Guide to Lent

In Lent, we reflect on Christ's ministry, death, and resurrection. We slow down, and examine our internal spiritual lives as well as the way we live out our Christian faith in the world.

Our faith teaches us that humans were put on this earth with the responsibility to be stewards. We also know our individual as well as collective U.S. lifestyles have led to serious harm to God's good creation.

This Lenten reflection and action guide will help individuals take time to learn, reflect, repent, ask God for forgiveness, and take concrete steps to change course.

The calendar was adapted for ecumenical use by Creation Justice Ministries from the Presbyterian Hunger Program's Environmental Ministries and Enough for Everyone offices, drawing heavily on the 2018 version.

## February 2023

### February 22 Ash Wednesday

Read Matthew 6: 16-21. Spend some time praying, meditating, or journaling about your decision to adopt Lenten practices that draw you closer to God, neighbor, and creation.

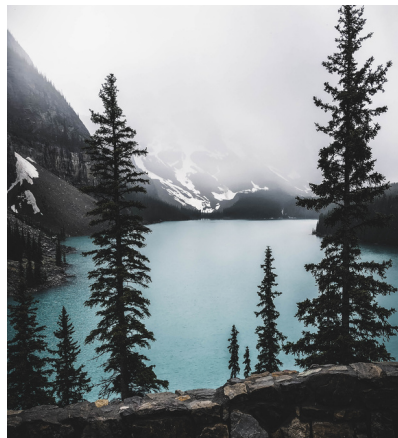
### February 23

Grab a copy of your home energy bill, and calculate your carbon footprint at [www3.epa.gov/carbon-footprint-calculator](http://www3.epa.gov/carbon-footprint-calculator)

Take note of the activities that are the most carbon-intensive. Resolve to change them.

### February 24

Laborers who harvest palms for Palm Sunday are often not paid a fair price, nor are they able to harvest sustainably. Learn more and encourage your faith community to order "Eco-Palms" before the order deadline: [www.ecopalms.org](http://www.ecopalms.org).



### February 25

If the world reduced meat consumption by 15% it would save the same greenhouse gas emissions as taking 240 million cars off the road each year. Consider planning for meatless Mondays during Lent. Learn more and get recipe ideas at [www.meatlessmonday.com](http://www.meatlessmonday.com).

### February 26

Stay cozy and conserve energy by checking your windows and doors for air leakage. Make a plan to caulk and weather-strip as needed. (These do need maintenance and replacement over time!)

## February 27

The average adult receives 41 pounds of junk mail annually. This requires 53 million trees and 56 billion gallons of water to produce. Visit [www.dmachoice.org](http://www.dmachoice.org) to help stop unwanted junk mail. Call companies to unsubscribe from their mailings or catalogs. Resolve to do it today!

## February 28

Save energy and add some beneficial humidity to your house by air-drying your laundry.



# March 2023

## March 1

Watch our Faithful Resilience videos here: [www.creationjustice.org/faithfulresiliencefilms.html](http://www.creationjustice.org/faithfulresiliencefilms.html)

## March 2

Consider making a plan with others at church for an Earth Day, on April 23. (Earth Day is April 22). Resources available at <https://www.creationjustice.org/earth-day-library.html>

## March 3

Write a note to a child in your life who inspires you to sustain God's creation for future generations.

## March 4

Watch a nature documentary. Planet Earth and Earth's Natural Wonders are good options. Also, see Nature on Public Television. Marvel at the miracle of God's creation.

## March 5

The average person spends 87% of their time indoors, and another 6% of their time inside a vehicle. Consider adopting a new spiritual practice that makes you more attuned to God's creation. Find ideas at [www.centerforspiritualityinnature.org/practices](http://www.centerforspiritualityinnature.org/practices).

## March 6

Carve out time for landscape or garden-planning. Cut back on or eliminate pesticide use this year. What role could native and pollinator-friendly plants play in your landscape? Write down one planned action you will take to honor God's creation with your landscape or garden plans in the spring. Not able to landscape? Check out community gardens and house plant opportunities.

## March 7

Watch the "Story of Stuff" online video at [www.storyofstuff.org](http://www.storyofstuff.org). An absolute, must-see!

## March 8

Decide not to add any items to the landfill today. Use real cups, cloth napkins, reusable bags for groceries, and reusable water bottles.

## March 9

If you don't already have one, consider ordering a copy of The Green Bible. All passages related to care and justice for God's creation are in green print. It is available online.



## March 10

Are there "energy vampires" in your home which you can unplug to make a difference? Check [www.smartenergy.com/energy-vampire](http://www.smartenergy.com/energy-vampire) for ideas. Then, try out a practice of observing the Sabbath by unplugging your electronics and yourself! Relish simple pleasures.

## March 11

Take note of how your church's coffee hour is run. Look for opportunities to become more sustainable, such as eliminating Styrofoam, using china instead of paper cups, or buying from local vendors.

## March 12

Labor exploitation is often tied up in sustaining our current levels of consumption. Take the Human Slavery Footprintsurvey at ([slaveryfootprint.org](http://slaveryfootprint.org)). Consider ways to decrease your participation in modern-day slavery.

## March 13

Do you know what watershed you live in? Find out, explore, and consider connecting with a local watershed stewardship organization: <https://watersgeo.epa.gov/mywatersway/rlist.html>



## March 14

It's World Water Day. Observed annually, today we recognize how people around the world are affected by water issues: [www.un.org/en/events/waterday](http://www.un.org/en/events/waterday)



## March 19

Give up two degrees: for every degree the thermostat is below 68 in the winter or above 78 in the summer there's a 3-5% savings in energy use and cost.

## March 20

Many of the actions necessary to care for God's creation require coordinated, collective action. Often, government is the best instrument for such action. Check to make sure your voter registration is current and prepare to vote in every election. Find information at [www.vote411.org](http://www.vote411.org).



## March 15

Refugee displacement and hunger relate to damage to God's creation. Spend some time reflecting on how issues of care for God's creation relate to your faith community's anti-hunger, peacemaking, and refugee resettlement ministries.

## March 16

Learn where your food comes from. Explore the Christian food movement to learn how Christians across the country are making a difference through food: [www.christianfoodmovement.org](http://www.christianfoodmovement.org)

## March 17

Say a prayer for God's threatened and endangered creatures. Consider sharing an Endangered Species coloring book for children to color during worship or Sunday School: [fws.gov/nativeamerican/pdf/endangered-species-coloring-book.pdf](http://fws.gov/nativeamerican/pdf/endangered-species-coloring-book.pdf).

## March 18

Do a "water fast" by turning off water while brushing your teeth and flushing your toilet half as often. Around the world, many people have access only to the amount of water each day that Americans use in one toilet flush.

## March 21

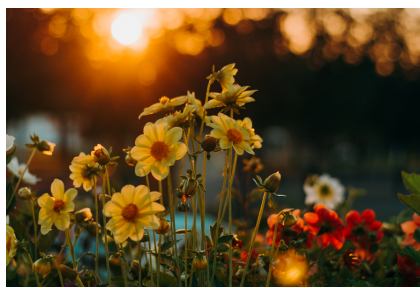
Lower the temperature of your water heater to 120 degrees. Ask for help if you need it!

## March 22

Check the light bulbs in your house. Are they the most efficient possible? Energy savings from LED light bulbs pay off quickly for God's creation and your energy bill.

## March 23

Begin the process of thinking through how to give away unneeded clothes, bakeware, and other goods to people who could use them, and rethink, reuse, and recycle other items. Learn more at [www.earth911.com](http://www.earth911.com)



## March 24

We can see through the biodiversity of all God's creation that God loves diversity. God loves diversity among people, too. Yet, it is easy to only associate with people most like ourselves. Go out of your way to make contact with a person who differs from you by gender, race, nationality, creed, faith, economic resources, or life-style. Read Ephesians 2:11-22.

## March 25

Schedule a tune-up to set your car tire pressure to the recommended level for optimal gas mileage. Practice driving mindfully. Higher speeds (55 mph+) reduce fuel economy.

## March 26

Remember your baptism today. What does it mean to you to be baptized? Spend some time praying or journaling about what happens to this sacrament when the world's waters become polluted and inaccessible?

## March 27

For Easter baskets, consider buying Fair Trade chocolate, dried fruit, tea and coffee or small gifts made by fair trade cooperatives. [www.equalexchange.coop](http://www.equalexchange.coop)

## March 28

Visit [waterfootprint.org](http://waterfootprint.org) to learn more about water footprint. Say a prayer of gratitude every time you sip water today.

## March 29

Nearly half of all food in the United States never gets eaten, while one in eight people in the U.S. suffer hunger. Spend some time problem-solving on reducing food waste at home and at church. Get ideas at [www.epa.gov/sustainable-management-food](http://www.epa.gov/sustainable-management-food).

## March 30

Choose a reusable water bottle and commit to using it instead of purchasing individual, disposable water bottles.

## March 31

Plan or plant seeds for a garden, even a window garden, to support a local food system, and to remember hope and new life in Christ:  
[almanac.com/content/beginners-vegetable-garden](http://almanac.com/content/beginners-vegetable-garden)

# April 2023

## April 1

To show love for our Creator, we respect and protect all of creation. Take a moment today to pick up trash off the street, or from a local stream or storm drain.

## April 2

Read Psalm 31. As we think about Christ's journey this Holy Week, may we recognize the lament, grief, and despair of the world around us. Climate injustice, poverty, hunger, and human suffering seem insurmountable. May we pray and cry out to God, as Jesus taught us, trusting that God hears us.

## April 3

Read Duane Elgin's essay Choosing a New Lifeway: Voluntary Simplicity.  
[www.duaneelgin.com/wp-content/uploads/2010/11/choosing\\_a\\_new\\_lifeway.pdf](http://www.duaneelgin.com/wp-content/uploads/2010/11/choosing_a_new_lifeway.pdf)

## April 4

Burial rituals can help, rather than harm, God's creation. Learn about how to leave a sustainable legacy at [www.GreenBurialCouncil.org](http://www.GreenBurialCouncil.org). Schedule a time to talk with a loved one regarding your feelings about this subject.

## April 5

Choose one of the practices from this Lent that may be meaningful to you to adopt for the year ahead. Write down your choice and share your commitment with a family member or friend.

## April 6 Holy Thursday

Read John 13:1-17, 31b-35. How does creation participate alongside humanity as Jesus institutes the Lord's Supper and washes the disciples' feet? How can we love one another—and God's whole world—as Christ has loved us? Write down your commitment to show love to a person or a part of God's creation today.

## April 7 Good Friday

Read Hebrews 4:14-16. In confidence of God's presence and attention, may we confess all that we have done and failed to do, willing to be made new in Christ for a reconciled and reconciling world.

## April 8

If possible, please consider donating to an environmental effort through Creation Justice Ministries or one of your local environmental organizations. Visit [www.creationjustice.org/donate](http://www.creationjustice.org/donate).



## April 9 Easter Sunday!

Matthew 28:1-10  
Do not be afraid! Go out into God's good world, holding onto God's steadfast love and joyfully answering the call to be Christ's disciple.

# Care for Creation Past this Season of Lent

Our 2023 Earth Day Resource theme is "Floods, Famine, and Food."

This resource provides stories from people committed to caring for our planet through the food system, reflections, sermon starters, prayers and more to guide you and your congregation in faithful action.

Launching March 2023, our Earth Day Resource will be available at <https://www.creationjustice.org/earth-day-library.html>



Please enjoy an excerpt from the resource:

"It is not a random detail that in the center of every Christian worship space is a dinner table. And yet, have our eyes failed to recognize the fullness of Christ's invitation made in the eucharist? Is it limited to a private exchange between me and Jesus, whom I claim as my personal Lord and savior? Or is it a much larger invitation into the possibility of right relationship / communion – through Christ – with all of creation? In Luke's gospel, there is a strong emphasis on the table. It is a thread along which the story progresses, and a setting where teachable moments are offered. Food matters to Luke's Jesus. His gospel cannot be told without it."



[www.creationjustice.org](http://www.creationjustice.org)

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